

## We want to hear from you!

This past year, more than ever, the creative arts (music, dance, drama, creative writing, art) have held huge importance in helping us all to maintain our health and wellness as we stayed home and stayed safe during a national pandemic. The Veterans Creative Arts Festival recognizes and celebrates the value of creative arts therapies in helping our Veterans to recover and maintain their health. And now, as we prepare for our 2021 virtual competition, we'd love to hear from you about the role of creative arts in your life and how it helps you stay healthy.

We are asking our Veteran participants to submit a short video (1-2 minutes) answering the question:

➤ ***How are you involved in creative arts and how does it help you in your health and wellness?***

These videos will be highlighted on our competition website to help us kick off the VAMHCS 2021 Veterans Virtual Creative Arts Competition.

### *Some Quick Tips:*

- Keep your video relatively short 1-2 minutes
- Think about what you'd like to say in advance (you don't have to have a script, but you can if it helps!)
- If you want, you can start off your video by giving your name, branch of military you served in, and if you'd like, when and/or where you served (ex. "I'm John Doe, I'm a U.S. Army Veteran, and I served in Vietnam.")
- Videos can be recorded on personal devices (smartphone, iPad, etc.) and should be submitted to Kelsey Eisenhower. Video submission methods include:
  - o Text video file to (410)585-4477.
  - o Upload to YouTube as "unlisted" video and e-mail a copy of URL link to kelsey.eisenhower@va.gov.
  - o Upload to Dropbox and e-mail a link to the file to kelsey.eisenhower@va.gov.
- Videos can also be put on a CD and a physical copy mailed.
  - o Mail to:
    - Attn: Kelsey Eisenhower  
Perry Point VAMC  
Bldg 23H, Rm GF 103  
Perryville, MD 21902
- Veterans who require assistance to record can request an appt to record at Perry Point. (requests should be submitted no later than May 21<sup>st</sup>)
  - o To request an appt contact Kelsey Eisenhower  
work phone: 410-642-2411 ext.26191      Cell: 410-585-4477  
email: kelsey.eisenhower@va.gov

### *Recording Tips:*

- Find a quiet space
- Choose your background (make sure there are no personal pictures or information you wouldn't want shared online – a blank wall is a great choice!)
- Record yourself from the waist up
- Record in landscape mode (**NOT** portrait or "selfie" mode)
- Listen back through your recording to make sure you can be heard